

# Signs you may not be absorbing nutrients properly

## Check your nails

- **Fats.** You may have [light-colored](#), [foul-smelling](#) stools that are [soft](#) and [bulky](#). Stools are difficult to flush and may [float](#) or [stick to the sides of the toilet bowl](#).
- **Protein.** You may have [dry hair](#), [hair loss](#), or [fluid retention](#). Fluid retention is also known as [edema](#) and will manifest as swelling.
- **Certain sugars.** You may have [bloating](#), [gas](#), or [explosive diarrhea](#).
- **Certain vitamins.** You may have [anemia](#), [malnutrition](#), [low blood pressure](#), [weight loss](#), or [muscle wasting](#).

## Methylation:

When the methylation switch is turned off and isn't creating enough SAMe, then a number of important molecules cannot be efficiently produced, including:

- Glutathione
- Coenzyme Q10
- Melatonin
- Serotonin
- Nitric Oxide
- Norepinephrine
- Epinephrine
- L-Carnitine
- Cysteine
- Taurine

In addition to a healthy, whole-food, non-processed food diet, make sure you are eating a lot of these foods:

- Asparagus
- Avocado
- Broccoli
- Brussels sprouts
- Green, leafy vegetables
- Legumes (peas, beans, lentils)
- Rice

Lifestyle changes include:

- Engage in regular physical exercise
- Avoid excessive alcohol consumption
- Don't smoke
- Avoid excessive coffee consumption (not more than five cups daily)
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## SELENIUM FOODS

- **Oysters:** 238% of the DV in 3 ounces (85 grams)
- **Brazil nuts:** 174% of the DV in one nut (5 grams)
- **Halibut:** 171% of the DV in 6 ounces (159 grams)
- **Yellowfin tuna:** 167% of the DV in 3 ounces (85 grams)
- **Eggs:** 56% of the DV in 2 large eggs (100 grams)
- **Sardines:** 46% of the DV in 4 sardines (48 grams)
- **Sunflower seeds:** 27% of the DV in 1 ounce (28 grams)
- **Chicken breast:** 12% of the DV in 4 slices (84 grams)
- **Shiitake mushrooms:** 10% of the DV in 1 cup (97 grams)

The amount of selenium in plant-based foods varies depending on the selenium content of the soil in which they were grown.

Thus, selenium concentrations in crops depend largely on where they are farmed.

For example, one study showed that the selenium concentration in Brazil nuts varied widely by region. While a single Brazil nut from one region provided up to 288% of the recommended intake, others provided only 11% (35).

Therefore, it's important to consume a varied diet that includes more than one good source of this important mineral.

Signs of selenium toxicity include:

- hair loss
- dizziness
- nausea
- vomiting
- facial flushing
- tremors
- muscle soreness

## Magnesium

- Magnesium Is Involved in Hundreds of Biochemical Reactions in Your Body. ...
- It May Boost Exercise Performance. ...
- Magnesium Fights Depression. ...
- It Has Benefits Against Type 2 Diabetes. ...
- Magnesium Can Lower Blood Pressure. ...
- It Has Anti-Inflammatory Benefits. ...
- Magnesium Can Help Prevent Migraines. ...
- It Reduces Insulin Resistance.

### FOODS

- **Pumpkin seeds:** 46% of the RDI in a quarter cup (16 grams)
- **Spinach, boiled:** 39% of the RDI in a cup (180 grams)
- **Swiss chard, boiled:** 38% of the RDI in a cup (175 grams)
- **Dark chocolate (70–85% cocoa):** 33% of the RDI in 3.5 ounces (100 grams)
- **Black beans:** 30% of the RDI in a cup (172 grams)
- **Quinoa, cooked:** 33% of the RDI the in a cup (185 grams)
- **Halibut:** 27% of the RDI in 3.5 ounces (100 grams)
- **Almonds:** 25% of the RDI in a quarter cup (24 grams)
- **Cashews:** 25% of the RDI in a quarter cup (30 grams)
- **Mackerel:** 19% of the RDI in 3.5 ounces (100 grams)
- **Avocado:** 15% of the RDI in one medium avocado (200 grams)
- **Salmon:** 9% of the RDI in 3.5 ounces (100 grams)